

# **Introductory Pilates**

***Thursdays 5 to 6 pm, starting Sept 8th, 2022  
at Callan-Harris Physical Therapy***

Pilates is highly adaptable and includes a wide variety of motions to help build the mind-body connection, improve strength and breathing, and increase vitality



***Appropriate for:*** active individuals looking to improve core control and strength, improve posture, and safely gain mobility (modifications will be available!)

**When:** Thursday evenings at 5 pm

**Where:** Callan-Harris Physical Therapy: 1328 University Ave, Rochester, NY 14607

**Cost:** \$18 for drop-in class OR \$90 for the 6-class pass / \$150 for 10-class pass

*\*Masks required*

*\*\*Class size limited to 10 students, so please register in advance at 585-482-5060*

**Instructor:** Ellen Key, DPT is a Physical Therapist and Pilates Instructor here at Callan-Harris PT who loves teaching people about movement and body awareness  
Please feel free to email with any questions: [ellen@chptusa.com](mailto:ellen@chptusa.com)